

25 Essential (But Easy to Follow) Life-Saving Techniques

DON'T SURVIVE, THRIVE!

How To Flourish When
Disaster or Crisis Strikes



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Table of Contents

<u>Number 1</u>	<u>7</u>
<u>Be Prepared for the Unexpected</u>	<u>7</u>
<u>Number 2</u>	<u>8</u>
<u>Take a First Aid Class & Get Certified</u>	<u>8</u>
<u>Number 3</u>	<u>9</u>
<u>Keep Track of Your Health</u>	<u>9</u>
<u>Number 4</u>	<u>10</u>
<u>Learn How to Swim</u>	<u>10</u>
<u>Number 5</u>	<u>11</u>
<u>A Positive Attitude Can Save Your Life</u>	<u>11</u>
<u>Number 6</u>	<u>12</u>
<u>Needs Verses Circumstances</u>	<u>12</u>
<u>Number 7</u>	<u>13</u>
<u>Know How to Grow Your Own Food</u>	<u>13</u>
<u>Number 8</u>	<u>14</u>
<u>Know How to Can & Preserve Food</u>	<u>14</u>
<u>Number 9</u>	<u>15</u>
<u>Conquer Storage Problems with Solutions</u>	<u>15</u>
<u>Number 10</u>	<u>16</u>
<u>Tools for Your Survival</u>	<u>16</u>
<u>Number 11</u>	<u>17</u>
<u>Preparedness & Medical Needs</u>	<u>17</u>
<u>Number 12</u>	<u>18</u>
<u>Travel Needs</u>	<u>18</u>
<u>Number 13</u>	<u>19</u>
<u>Communication in an Emergency</u>	<u>19</u>
<u>Number 14</u>	<u>20</u>

<u>Poison, First Aid, First Response</u>	<u>20</u>
<u>Number 15</u>	<u>21</u>
<u>Recognize Exhaustion & Heat Stroke</u>	<u>21</u>
<u>Number 16</u>	<u>22</u>
<u>Know the Warning Signs of a Heart Attack</u>	<u>22</u>
<u>Number 17</u>	<u>23</u>
<u>Your Tool Kit for Survival</u>	<u>23</u>
<u>Number 18</u>	<u>24</u>
<u>Clothing & Bedding Down for an Emergency</u>	<u>24</u>
<u>Number 19</u>	<u>25</u>
<u>A Basic Food Storage Plan Saves Lives</u>	<u>25</u>
<u>Number 20</u>	<u>26</u>
<u>The Huge Cost of Being Unprepared</u>	<u>26</u>
<u>Number 21</u>	<u>27</u>
<u>Living & Dying is Oftentimes a Choice</u>	<u>27</u>
<u>Number 22</u>	<u>28</u>
<u>Stock it, Store it, Use it</u>	<u>28</u>
<u>Number 23</u>	<u>29</u>
<u>Your Personality and Your Survival</u>	<u>29</u>
<u>Number 24</u>	<u>30</u>
<u>The High Price of Being a Pessimist</u>	<u>30</u>
<u>Number 25</u>	<u>31</u>
<u>The Rewards of the Optimist</u>	<u>31</u>
<u>Conclusion</u>	<u>32</u>

References

Introduction

When you think of essential life-saving techniques that may save your life, you may want to think about the story of; we will call him, *The Man with No Plan*.

It was a hot day in August a few years back, and two men wearing black masks pulled up to a bank. *The Man with No Plan* was standing on the sidewalk across the street from the bank, looking curiously toward the other two men, who, obviously, had a plan. We will call the "No Plan Man" Nick.

Now, Nick was transfixed by the two men across the street, he could not run. He could not dart behind nearby vehicles in the parking lot behind him. He did not fall flat to the ground and lay motionless until danger passed. He did not retrieve his cell phone from his shirt pocket and dial 911 to report the crime. What he did, was stand motionless, eyes fixed on the two men across the street.

The Two Men with a Plan drew guns from the backseat of their vehicle and stormed into the bank.

Minutes later, they ran from the bank, sack of loot in hand, pursued by the bank branch manager, who too, was armed with a 357-Magnum.

Nick's mouth flew open. He had never witnessed such live action --ever.

The Two Men with a Plan fired several rounds at the bank manager as their vehicle prepared to flee the scene. The rounds missed the bank manager and ricocheted off the brick building.

Suddenly, the bank manager fired at the car just as it sped away.

The bullet did not hit the speeding robber's car. The 357 round did not hit either man in the car as it sped away. The bullet struck Nick in the upper left side of his chest, entered his heart, instantly killing him.

Moral of the story: Have a plan. It could save your life.

Number 1

Be Prepared for the Unexpected

"The truest courage is always mixed with circumspection this being the quality which distinguishes the courage of the wise from the hardness of the rash and foolish."
_Jones of Nayland

It may be hard to perceive, but many people will react to the bank-robbing scenario above similar to the way Nick reacted. Do you know why?

Most people have no reference point on which to draw. As a result, they freeze. What prevents the stop/freeze response is preparedness. You also must possess a steadfast awareness of your surroundings at all times and be prepared to react in any situation. In Nick's case, **his safety should have been his number one concern**. That said; **you must constantly think of the worst-case scenario**, and think about what you would do to protect yourself or others who follow your lead.

Situation: Your local Emergency Preparedness Agency just announced over the radio that water in your area is unsafe to drink. The water plant's pumping station is shutdown until further notice. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Turn to your emergency supply of water.
- B. _____ Empty all the lines of water in your house, and place the water in your bathtub and plastic containers until further notice?
- C. _____ Do nothing, reasoning the water will be back on shortly and safe to drink.

If you answered, "A" & "B" give yourself a "thataboy" or a "thatagirl" because you are correct.

Every situation calls for a positive response from you. **The Action Steps you take in an emergency make all the difference between you and your family's survival.**

When you think ahead, you do not leave to chance what you have no control over. When you prepare and have a plan, you are in charge of the outcome not someone else.

Number 2

Take a First Aid Class & Get Certified

Courage in danger is half the battle. _Plautus

Not knowing what to do in an emergency is devastating.

Situation: You are walking down the sidewalk and you notice a child four-years-old holding their throat, their face is just beginning to turn blue? You see no other adults around. You surmise the child is choking on an unknown object. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Allow the kid to continue choking, reasoning, he or she will eventually dislodge whatever the object is in his or her throat.
- B. _____ Rush to the kid, and perform the Heimlich Maneuver?
- C. _____ Leave the scene before someone sees you.

If you were certified in First Aid, you would know what the Heimlich Maneuver is, and you would have chosen first action step “B” --rush to the child, get behind the child, and perform a Heimlich Maneuver for a child his or her size to make the child hurl the object in their airway.

Whatever the emergency, be it a child or an adult or you who needs help and assistance to survive, you have a better chance of saving yourself or someone else if you are certified in First Aid.

Finding a First Aid Class is easy. The Red Cross has chapters nationally and internationally to get you certified. Review the following helpful links for more information: <http://www.redcross.org/take-a-class> and International Humanitarian Action Training – Australian Red Cross: <http://www.redcross.org.au/ihat.aspx> and Online CPR Certification Courses: <http://www.icpri.com> and Singapore Red Cross First Aid at <http://www.redcross.org.sg/landing/first-aid>

Number 3

Keep Track of Your Health

True courage is not the brutal force of vulgar heroes, but the firm resolve of virtue and reason. _Paul Whitehead

We hear of people everyday who are healthy, always energized, to include, vigorous in sports, on the go, and full of life. You may hear their friends and family describe them as, “dynamic” and “Forceful” and “Effective” and “hard working.”

Then you hear of a twenty-eight-year-old man who dropped dead at the breakfast table. Who, what, when, why, where, and how could this happen?

Each of us needs to know the condition of our health. It is not enough to say, “I’ve never been sick a day in my life.” This does not guarantee you good health. Many people have died of underlying conditions they know nothing about. Do not wait until it is too late to know your Glucose levels (watch for onset of Diabetes), cholesterol levels, triglyceride levels, calculated LDL (the bad cholesterol), and your HDL (good cholesterol). A yearly checkup and fasting blood work at the lab could save your life, and prevent a heart attack or stroke. What do you do?

Situation: You feel great, but the last thing on your mind is going to the doctor.

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Ignore this advice and do nothing.
- B. _____ Pick up the phone, call your doctor, and make an appointment to see him or her.
- C. _____ Get a yearly checkup and know your numbers.

If you chose “B” and “C” above, you are spot-on. You cannot take care of anyone else unless you take care of yourself.

We each live hectic lifestyles. We, for the most part, never eat wholesome foods we should. We grab fast food, and stay on the run 24/7. We place our bodies at risk by the poor food choices we make, and we further put our bodies at risk by lack of exercise. Get a yearly checkup and know your numbers. It could save your life.

Number 4

Learn How to Swim

A coward flees backward, away from new things. A man of courage flees forward, in the midst of new things. _R. C. Winthrop

It is more than a little shocking to see the stats, and realize an estimated 21% of people say they “can’t swim.” I am sure most of us were backstroking in the womb prior to delivery. What is your excuse?

If your car, for instance, left the highway and submerged in a large body of water, would you know what to do to save your life? Would you know how to save someone else’s life if they were drowning?

Swimming is akin to walking you put one arm in front of the other and repeat, repeat, and repeat the stroke, kick your feet and off you go. What will you do?

Situation: You feel scared around water, because you cannot swim.

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Reason you will never need the skill so why learn how to swim?
- B. _____ Follow the link below to locate the nearest American Red Cross to locate a class near you.
- C. _____ Become excited about saving your life or someone else’s life.

Swimming is as easy as walking. If you chose “B” and “C” above, you are in good company. Thousands of people, from infants, to middle age, to seniors, every year learn how to swim. See this helpful link: <http://www.redcross.org/take-a-class.com> and <http://www.redcrossswimlessons.com>

Number 5

A Positive Attitude Can Save Your Life

It is an error to suppose that courage means courage in everything. Most people are brave only in the dangers to which they accustom themselves, either in imagination or practice. _Bulwer

Are you a “Naysayer”? If you have not heard the term before, you are probably not alone.

A *Naysayer* is someone who denies, rejects, contests, or is doubtful or pessimistic about nearly everything in his or her life. Their negative attitude will drag you down quicker than a F5 tornado.

Here is a conversation of the typical *Naysayer*.

Positive Person says, “It’s a beautiful day the sun is shining and all is right with the world.”

Naysayer’s response, “It looks like rain. It is going to be one of those days. I probably should have never gotten out of the bed this morning.”

If you are not positive, you are setting yourself up for every negative, gray element in the universe. It is science. Negative attracts negative and positive attracts positive. If you go around in a negative frame of mind, you are going to attract the dark and gloomy into your world. However, if you choose a positive attitude, you will pull positive, life-giving energy to you. What will you do?

Situation: You feel gray and negative most days. If everyone else is “up” you are “down.”

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Check out the latest books on “Positive Thinking” and change your “Negative Thinking” to positive.

B. _____ Make an effort to rid your life and your space of negative people, negative situations, and open yourself up to new possibilities.

C. _____ Replace every “Negative Thought” with a “Positive Thought” immediately, and continue this practice throughout the day.

If you chose “A” and “B” and “C” above, you answered correctly. Give yourself big kudos. You shape your life and your world by your attitude. People have even been known to acquire great fortunes by changing the way they think. You can change

every negative in your life and replace it with a plus by learning to change your attitude.

Number 6

Needs Verses Circumstances

Courage from hearts and not from numbers grows. _Dryden

Oftentimes no matter how hard you prepare for an emergency you will discover areas you have forgotten to cover in your plan. That said; you may need to adjust your plan if the circumstances change. Knowing what to do and how you and your family can adjust may save many lives

We often speak of water supplies in emergencies, because next to losing your life from the immediate effects of a disaster, water is a top priority for your survival.

It is best to look around your surroundings now for alternative water sources that may be available to you.

Situation: The main water supply to your home severed and the main pumping station shut down. You have been advised by local authorities to stay within ten miles of your home and not to venture out, as a group of radicals took over the town. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Take a chance on endangering yourself or members of your family and drive to the nearest convenience store for bottled water.
- B. _____ Go to the creek or pond on the back of your property for water.
- C. _____ Do nothing, reasoning the whole situation will blow over in a few hours.

If you answered "B" above, you are correct. Knowing where to go for a ready water supply is just as important as knowing purification techniques to use to sanitize your water supplies. Visit this helpful link for more on Water Purification techniques at <http://www.princeton.edu/~oa/manual/water.shtml>

Look for an available water source before you need it. Knowing where creeks, ponds, lakes, and rivers are located with an easy access to your home may save your life and the lives of your loved ones.

Remember, in the best scenarios, unexpected things happen. Think out of the box, and if something unforeseen should occur, adjust your action plan, and stay focused on what you need to do immediately to save lives.

Number 7

Know How to Grow Your Own Food

No man can answer for his courage who has never been in danger. _Roche-Foucault

I can hear you now, I will prepare for just about anything, but “come on” grow my own food. You cannot be serious. Answer this question: Can you place your mindset in a desperate situation?

What if you knew you only had three or four months of food left. To venture out beyond the safety of your residence is out of the question. Would you rethink growing your own food?

With the right equipment, you can grow your own food. Foods like kale, spinach, onions, carrots, green beans, beets, corn, potatoes, tomatoes, squash (summer and zucchini), beets, peas, cabbage, pumpkins, watermelons, green and red peppers, asparagus, rhubarb, turnips, and many more.

Situation: You and your family kept a keen eye on the food supplies you stocked for an emergency. You cannot believe the crisis continued this long. You must do something now. You know you cannot wait until the last minute. Food supplies are running out fast. You only have 3-4 months of food left in your reserve, what do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Someone is bound to come along better off than we are and rescue us.
- B. _____ Go to the supply of seeds you stocked for an emergency.
- C. _____ Break ground, prepare raised garden beds, or prepare rows in the garden for planting seeds.

If you answered “B” and “C” above, you are well on your way. You have no way of knowing if your friends and neighbors are worse off than you are. It is best to have a plan in place whereby you can start gardening now. It only takes a few months to have a good crop of most vegetables. Kale, for example, matures in fifty-five to sixty days, and peppers are ready to eat in seventy days, tomatoes in forty-five to eighty days. Turnips mature in thirty-five to forty-five days, and green onions matures in thirty days (you can eat the root for high Vitamin C content, and use the tops for turnip-greens –great source of Vitamin A & K, folate and folic acid).

By the time it takes you to stress over the problem, you could have seeds in the ground and a fresh harvest of vegetables on the way.

If you need gardening help, you may want to check out this helpful link:
<http://www.garden-helper.com> or <http://www.gardenhelp.org>

Number 8

Know How to Can & Preserve Food

True courage is cool and calm. _The bravest of men have the least of brutal, bullying insolence, and in the very time of danger are found the most serene and free.
_Shaftesbury

You can start canning and preserving food any time prior to, and including, during a crisis. Both steps may save your life. Most families enjoy a variety of produce, and some families even can meats, chicken, turkey, pork, fish, etc. Some family vegetable favorites are green beans, peas, potatoes (great in stews, fried or mashed), tomatoes, pickle relishes, apples, and much more. You may also choose to can many varieties of preserves, such as peach, blackberry, strawberry, grape, plum, and pear, among a few.

What can you do to start canning and preserving foods now?

Situation: You know time is of the essence. You know there may come a day when you will be in a crisis when having ample food supplies may save your life. Your grandmother and a few great aunts canned and preserved foods, but it was never your *cup-of-tea*. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Buy a trusted book on canning and preserving fresh fruits, vegetables and meats.

B. _____ Stock a few cases of store bought veggies and plan on going on an extended starvation diet in case disaster strikes.

C. _____ Start small, buying several dozens of canning jars, tops and lids, a small canner for timed-pressure canning for certain types of vegetables and meats, purchasing a hot-water bath canner for vegetable/fruits that require 15-20 minutes in a hot-water bath, and other canning supplies. Go to the Farmer's Market nearest you, buy a bushel of green beans, some corn, onions, and tomatoes, and get started.

If you answered "A" and "B" and "C" above you are on the right track. If you have never canned before, or if it has been awhile since you canned and preserved food, it may be overwhelming at first.

Best practice, assemble all the equipment you will need, including, recipes, and make a list of the goals you wish to accomplish. For instance, you may say, "Today I'd like to can one-dozen quart jars of green beans."

Buy what you need at the Farmer's Market, break the beans, follow the directions in your canning and preserving book, and have fun!

As you progress, each week set aside one day to work on canning and preserving food. In a crisis, your food supply could save your life and the lives of others in your family.

Number 9

Conquer Storage Problems with Solutions

To see what is right and not to do it, is want of courage. _Confucius

There are many life saving techniques that are both simple and effective, one important technique more than a few people overlook is storing foods for a crisis. Your plans and hard work may all go for not, if your food is not stored in airtight containers, or stored in a cool, dry area. You want to think about access to small rodents when you are storing food and food supplies, such as paper plates, paper towels, toilet paper, paper napkins, toothpaste, right down to sheets, pillowcases, blankets, and other linens.

Good storage sources are not cardboard boxes. Cardboard boxes represent no challenge to mice, spiders, ants, crickets, and rats when it comes to gaining access to the contents. Cardboard is a handy material when it comes to shipping or mailing, but are off-limits for storage purposes. Many of these critters also build nests in cardboard boxes and use the contents as nesting material.

Situation: You want to make sure your food, clothing and other emergency preparedness items are stored securely, but a ready alternative to cardboard boxes does not come to mind. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Buy heavy plastic containers with lids so you can stack the containers, also, Tote Boxes in the 72-Quart size.
- B. _____ Fly by the seat-of-my-pants and hope for the best.
- C. _____ Build wooden boxes to stack in sizes 2'X 6' X 6', and use treated wood.

If you answered "A" and "C" you are exactly right. Heavy plastic containers come in a variety of sizes and make storage problems disappear. Tote Boxes are useful for storing paper products of all kinds, and offer great storage solutions for linens. Building your own wooden boxes is wise and they easily stack in corners, or you can use them for other purposes, such as seating.

When it comes to conquering storage problems, it is a good idea to make the task an occasion to get the whole family together and discuss options. Kids love to offer their opinions on storage, and readily chime in offering their suggestions. When you involve the whole family in coming up with a solution you make everyone feel like that they are contributing to the bigger plan. They have a stake in the outcome.

Number 10

Tools for Your Survival

By how much unexpected, by so much we must awake, and endeavor for defense; for courage mounteth with occasion. _Shakespeare

You think about being prepared in an emergency, but it is hard to find the time to do the things you know you should do to survive. Do you need a list? If so, you may want to put spades and shovels, axes and rakes, and saws and firearms on it.

Most people think of a Swiss Army Knife when it comes to a handy tool to have on hand. However, other good choices are butcher knives, carving knives, fillet knives, and paring or steak knives.

What about storing an ax or two? A double-bladed ax is worth its weight if you need to cut firewood. What about a saw, a chain saw, and a regular carpenter's saw. One needs no gas, while the other requires gas and 3-Engine Cycle Oil (mixed according to manufacturer's instructions). It is also a good idea to store a machete for cutting small saplings or clearing brush.

You may want to store rope, a garden hoe or two, garden forks, a crowbar, and plastic sheeting for making garden beds in the spring to produce early seedlings.

Situation: You think you have all your bases covered. You have plenty of tools to meet every chore on the home front. Nevertheless, what would you do if someone tried to take your food and other emergency supplies from you?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Order them off the property with a stern warning not to return.
- B. _____ Invest in a 38-Special or a .357 Magnum.
- C. _____ Get a trusty shotgun and a box of hollow-point shells.

If you answered "B" and "C" then you are on target. In an emergency such as a food crisis, your fellow man (or woman) may not be thinking clearly. If they do not have a supply of food and other provisions, you are, excuse the expression, *a sitting duck*. However, if you allow one or two people to take what is not theirs, you are inviting others to do the same. You must defend what is yours. Oftentimes, the threat of deadly-force is all it takes to deter an intruder.

You will want to stock a good supply of ammunition for each firearm you have in your storage unit (home, building, or other designated place). Also, make sure you have cleaning supplies for your guns, gun oil, pipe cleaners, cotton cloth, etc.

Look for convenient places to hide your gun/s in your emergency preparedness shelter. PVC pipes are a great solution.

Remember: Gunpowder contains harmful lead deposits. The residue may seep into the outer layers of your skin. Wear protective gloves when cleaning your gun and wash your hand thoroughly.

Number 11

Preparedness & Medical Needs

Physical courage which despises all danger, will make a man brave in one way; and moral courage, which despises all opinion, will make a man brave in another, ___The former would seem most necessary for the camp; the latter for the council; but to constitute a great man both are necessary. _Colton

You may think you are in great physical shape, and you may believe sickness or injury will never happen to you or someone close to you, but we all know this is a fallacy. Unforeseen accidents and unplanned illnesses strike without warning. Your best protection is preparedness. You are not going to be able to pick up a phone and call for emergency help. Even if it were available, there may be no way of getting the help you need to you or those you love in time.

Your best defense is making sure you and your entire family are properly immunized, that you and yours are up-to-date on boosters. Nearly every physician on the globe recommends yearly checkups.

Do what you can when there is no medical emergency to ensure you have done everything in your power to stay healthy. This includes taking prescribed medications.

Situation: You know you need to keep a good stock of medicines on hand in case a crisis hits and you cannot get to the drugstore. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Keep a large supply of prescription medicines on hand. Place them in a secure bag, preferable with a lock, and out of reach of small children and pets.

B. _____ Keep other medical supplies and first aid available by storing a First Aid Kit in your shelter.

C. _____ Contact the Red Cross in your area for a list of supplies to include in your First Aid Kit, or purchases a kit.

If you answered “A” and “B” and “C” then you have it all wrapped up. In a medical emergency you will need a supply of bandages, many sizes of gauze, wooden splints, disinfectants, such as iodine and alcohol, you will need scissors, a thermometer, some hydrogen peroxide, talc, cornstarch, cotton swabs, burn save or ointment, a good supply of baking soda, tape, and Ace-Bandages in different widths and lengths.

You will want to make certain you have a 90-day supply of prescription medication. Most physicians will only write a prescription for ninety days. Make sure you and everyone in your immediate family who share your shelter have an ample supply of

medication. You will also want to stock any over-the-counter medications, such as, Tylenol, cold-and-flu medication, Aspirin, antacids, anti-diarrhea, Vicodin ES, stool softeners, etc.

Number 12

Travel Needs

True bravery is shown by performing without witnesses what one might be capable of doing before all the world. _Rockefoucauld

In case of an emergency, do you have adequate transportation? Sure, most of us have an automobile, but what other types of transportation do you have available to you on a moment's notice? What do you use for travel if you have no gas to run a vehicle? Have you given it much thought?

Most of us are quite content to pull up to the pump and fill the gas tank with petrol. However, there are other forms of transportation. In time of crisis, the most humble forms of transportation take on new value and appreciation.

For instance, you may want to consider a motorcycle or a mini-bike, a 4-wheeler, or a bicycle. It is easier to stock several 5-gallon cans containing gas if you are using the gas in a motorcycle that gets 50-60/miles per gallon.

If you run out of gas, a bicycle can be a welcome relief. Bicycles are one of the least expensive forms of transportation to operate and upkeep.

While thinking of your transportation needs, consider spare parts, maintenance supplies like gas and extra tires, oil, grease, belts, oil filters, a jumper cable, an auto battery charger, an extra gas filter, air filter, wipers, etc.

Since one never knows how long an emergency lasts, it is best to prepare ahead of time. Prepare by keeping extra spare parts on hand.

Can you think of other alternative forms of transportation? What would you do if you found yourself in a crisis and you had to rely on the transportation you had available to you?

Situation: The local weather channel warned you and your neighbors of a fast approaching F5 tornado. Your Emergency Preparedness Agency warned of the possibility of heavy damages with all loss of electricity, with a possibility of roads closed due to flooding and debris. The storm came through your area and all gas stations are closed, there is no electricity to pump the gas.

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Keep several 5-gallon gas cans full of gas for just such an emergency.
- B. _____ Have a bicycle with a basket on it in case you must travel a few miles.
- C. _____ Wait it out, and hope you do not need to go anywhere.

If you answered “A” and “B” you are prepared for the worst. It is also a good idea to have several backup plans in case one source falls.

Once you start thinking of alternative sources of transportation, you will be surprised what comes to mind. Have you ever ridden a donkey?

Number 13

Communication in an Emergency

Courage consists, not in blindly overlooking danger, but in seeing and conquering it.

_Richter

In an average emergency, automobile accident, broken down car on the interstate, a medical emergency such as experiencing chest pain, one can usually pick up the phone and dial 911 and help is on the way. However, not all emergencies are “average” and if it is happening to you it is not “average” it is catastrophic.

Being prepared for an emergency includes stocking dependable equipment. Make a point to stock a good, dependable radio. You will be able to hear important news that may affect you and the area where you live. Stock a good battery charger, one capable of charging A, AA, AAA, C, and D batteries. Some folks would not be without their World Band radio. Others swear by their CB radio (60-100 dollars).

Whichever you choose, make sure you know where it is when you need it, and make sure you know exactly how to operate it.

Situation: A 7.5 earthquake hit your area and affected most of the cities and properties within a 150-mile radius. Communication lines are down. All electricity is out. Roads leading into town are impassable due to large amounts of mud, and rocks and debris. Your house was cut in half, and you have busted water spewing water everywhere. Your wife fell backwards and hit the back of her head. She is unconscious, and all attempts to revive her failed. What will you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Go to your First Aid Kit and retrieve an Ammonia Inhalant (Smelling Salts), place it under her nose and attempt to revive her.

B. _____ Once she revives, go to your car, get on your CB (battery operated), and call for help.

C. _____ Keep her quite and comfortable and reassure her help is on the way.

If you answered “A” and “B” and “C” you have done what you can to assist, comfort, and bring the situation under your control. Take her pulse, count her respirations, and continue to monitor her until help arrives.

We mentioned taking a First Aid Class and getting your certification in Number 2. Being certified is one of the best things you can do for yourself, for your family, and for others who may need your help and support in an emergency. Knowing how to

access the emergency, communicating your observations to an EMT (Emergency Medical Technician), is all part of communication in an emergency.

Number 14

Poison, First Aid, First Response

Courage is, on all hands, considered as an essential of high character. _Froude

What comes to mind when you first hear the word “Poison”? For most people, the first thing that pops into their mind’s eye is a venomous snake. Yet, there are many other types of poisons, to include poisons from plants. Knowing how to recognizing the source, knowing what to do, and knowing the action steps could save your life or the life of someone else.

A First Aid book from the Red Cross is your first stop. Their standard First Aid book clearly shows several species of venomous snakes, snakes like the Diamondback Rattlesnake, Timber Rattlesnake, Massasauga, Pacific Rattlesnake, Water Moccasin, Copperhead, and Coral Snake. Each region has one or more species of poisonous snakes. Knowing how to spot them may save your life or the life of others.

Furthermore, there are poisonous plants, like Common Poison Ivy, Western Poison Oak, and Poison Sumac. Again, your area may have additional poison plants, but these are the more common varieties.

There are also poisons found in toxic levels of prescription and over-the-counter drugs. In the mix of poison violators are household cleaning agents, and many more.

Situation: A four-year-old child is sitting on the kitchen floor beside the sink screaming. You notice the bottom cabinet doors in front of her open. You see a powder residue spilt on the floor. You notice more of the powder on the child’s lips.

Answer the following questions and follow along in the Action Steps below.

Action Steps:

- A. _____ Comfort the child, and reassure her everything will be all right.
- B. _____ If possible, determine the substance spilt on the floor.
- C. _____ Call your nearest Poison Control Center for immediate help.

If you answered “A” and “B” and “C” you have done what you can to gain control of the situation, determine the best action, and get help.

Other lesser-known poisons are ammonia, kerosene, lye, insecticide, wood turpentine, and rat poison.

Whenever a poison emergency strikes, know every minute is precious, especially if young children are the victims. The American Association of Poison Control Centers: <http://www.aapcc.org> or Poison Center: <http://www.poison.org>

You will also find Animal Poison Control Center, the ASPCA at <http://www.asPCA.org/Home/Pet-care/poison-control> and Poisonous Plants: <http://www.poison.org/prevent/plants.asp>

You may find this link helpful: International Poison Information Center (data collection capabilities): <http://www.ncbi.nlm.nih.gov/pubmed/7571358> and Poison rates among young children: <http://www.ncbi.nlm.nih.gov/pubmed/12507052>

Number 15

Recognize Exhaustion & Heat Stroke

Women and men of retiring timidity are cowardly only in dangers, which affect themselves, but are the first to rescue when others are endangered. _Richter

Often when we become exhausted, we are in danger of becoming dehydrated. We can only survive seventy-two hours without water. Every year people from all occupations and from across the country dies from heat exhaustion. Knowing what to do will save your life or the life of someone else.

If you are working outside in the heat, mowing your yard or weed-eating pay special attention to the way you feel. Be watchful on long automobile outing when the outside temperatures reach 90+ degrees. Be mindful when sunning yourself on the beach, watch for early warning signs of a possible heat stroke, cramps, dizziness, blurred vision, illness. Heat exhaustion can kill. Especially susceptible are the very young and senior citizens, the obese and alcohol addicts.

Situation: You have worked outside trimming your shrubs for several hours, and notice you are feeling more tired than usual, you have a headache coming on and you feel sick to your stomach. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Stop what you are doing immediately and get to a cool place in your house or in your yard.
- B. _____ Lie down, rest and stay quiet.
- C. _____ Drink cool water or water from the tap (not cold).

If you answered “A” and “B” and “C” you are well on your way to preventing heat exhaustion and heat stroke. Be aware of your body’s alert system for signs of heat exhaustion, tiredness, headache, nausea, severe perspiration, muscle weakness, clammy, pale skin, vomiting, and the two you will not be aware of, unconsciousness and death.

It is also a good measure to replace the salt in your body lost from perspiration. One salt tablet is equivalent to ½ teaspoon in ½ glass of water. Follow this helpful link for more information. Heat exhaustion at <http://www.ncbi.nlm.nih.gov/pubmed/15952443>

Number 16

Know the Warning Signs of a Heart Attack

Life's greatest lessons may be the courage we discover we possess when we feel our weakest. –Author Unknown

Over nine million people across the country have heart disease, and over 200,000, according to statistics, suffer Silent Heart Attacks. Heart Attack victims show up in all age groups. We find victims from young people with congenital defects to middle-aged citizens to seniors. Most heart attacks are caused from hardening of the arteries, or high blood pressure.

Knowing what to do before, during and after a heart attack can save your life or the life of someone else.

Situation: You were washing your car in the middle of your driveway when you noticed your breathing became more and more short. Soon you felt as though you were smothering. Then you felt a sharp pain in the middle of your chest that radiated down your left arm. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Recognize that you may be having a heart attack.
- B. _____ Dial 911 immediately.
- C. _____ Drive you to the hospital to the ER (Emergency Room) as fast as possible.

If you answered “A” and “B” you may make it to see another day. If you chose “C,” it is questionable whether you will arrive at the hospital in time, or at all. You may involve others in your medical emergency by killing an innocent family or other persons from a bad traffic accident. Never drive yourself anywhere if you feel you are experiencing a heart attack.

Know the warning signs of a heart attack, difficulty breathing, chest pain, discoloration of the lips and/or fingernails, dry, chronic cough, edema in the angles. You may also experience all of the above, in addition to, shortness of breath accompanied by pain. Follow this helpful link for more information about heart disease at Heart Disease Facts <http://www.cdc.gov/HeartDisease/facts.htm>

Number 17

Your Tool Kit for Survival

Courage consists not in hazarding without fear, but being resolutely minded in a just cause. _Plutarch

Few people take a second thought to tools they may need to survive in case of a crisis. The same tools you take for granted may be the very tools that will save your life.

The list is not a difficult list to acquire or to remember. Some common tools you will want to add to your survival kit include a common rake and shovel, knives, axes, hammer and nails, tarps in various sizes, and saws (manual and gas). You will want mechanic tools like wrenches, priers, sockets, and cotton work gloves and leather gloves.

A double-bladed ax is a great tool for felling trees, splitting wood, or cutting a pile of wood. You will find a hatchet has a multi-purpose feel to it, enabling you to hammer with the flat surface of the blade. You will also need a regular carpenter's hammer, screwdrivers, ladder 6-foot, 8 or 10-foot, 12-foot, sledgehammer for more difficult tasks like, breaking rocks, or knocking in walls, or hammering in fence-posts. You may also want to store wood in different lengths.

Situation: A major storm blanketed the area where you live. All roads in and out of the area are closed. No retail outlets are open. A tree fell on the top of your house and caved in the ceiling over the living room. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Ignore the damage and turn it into my insurance company.
- B. _____ Take a ladder from the tool shed, climb on the roof, cut the tree limb away, and cover the opening with a tarp.
- C. _____ Call my insurance carrier and report the damage.

If you answered "B" and "C," you are high and dry. You can temporarily repair the damage until your Insurance Adjuster arrives. There are few things more aggravating than needing a tool and not having it readily at your disposal.

You can protect you and your family from further injury due to exposure to the elements by fixing the roof.

Number 18

Clothing & Bedding Down for an Emergency

A great deal of talent is lost in this world for the want of a little courage. _Sydney Smith

If you find yourself and members of your family in an emergency, it is smart planning to have plenty of clothing and bedding to stay warm and comfortable. It is important too, to have extra clothing and bedding in the trunk of your vehicle in case of an unforeseen emergency on the road.

You will also want to store extra gloves (cotton, wool, and leather), waterproof clothing like ponchos (found at many Army Surplus stores, and hardware and superstores), and several flashlights with batteries.

For home emergency preparedness shelters, you will need sheets, pillowcases, extra blankets and comforters, mattress pads, two pillows or more per bed, and extra pillows.

You will need underwear, PJs, t-shirts, sweats, shoes, socks, jeans, seasonal coats, hats and scarves (seasonal), belts, and sweaters.

Situation: A train derailed east of your home. All power to your home is out. It is 27-degrees outside. Your only source of heat is an electrical heating and air system. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Wish you had purchased the generator last year when you had 17-inches of snow in the area and you lost electricity for a week.

B. _____ Wrap up in every blanket in the house and hope, or send out an SOS using your breath.

C. _____ Hunker down and maintain the position.

If you answered “A” and “B” and “C,” you get high marks for knowing exactly what to do. You may also keep extra candles on hand, small, and medium and large. Close off all areas of your home except one room where you and your family gather. Use caution, but light all the candles. Use blankets or leather coats to maintain your body heat.

In case of an extended emergency such as a national disaster, or other catastrophic event, make sure you have a wood-burning stove and several cords of firewood (Oak, Walnut, and Hickory) or other types.

It is also good to have a form of backup heating in your home, such as a small propane heater or a wood-burning fireplace.

Number 19

A Basic Food Storage Plan Saves Lives

The brave man is not he who feels no fear, for that was stupid and irrational; but he whose noble soul subdues its fear, and bravely dares the danger nature shrinks from.

—Joanna Baillie

Many people buy the food they consume weekly. Once it is gone, it is time to go back to the grocer for more. Others buy their meals daily. While others purchase items, especially meat and frozen vegetables while they are on sale and they freeze them. Numerous people have pantries in their homes and keep them well stocked. However, what if there were an emergency and you needed to rely on the food items you stocked in your home or emergency shelter. Could you or your family survive?

There was a man once who predicted the end of the world was coming in six-weeks. Every supermarket shelf for miles around was empty. People bought everything they could get their hands on. One could not find a loaf of bread.

It does not need to be a catastrophic event for you to go hungry unless you are prepared. A basic food storage plan can save your life. What do we mean by a “Basic Food Plan?”

It is just what it sounds like —*basic*. The best plan fits you and your family’s needs. A basic food plan, for example for one year’s supply of food for four people might include 8#s salt, 50-60# non-fat dry milk (also canned), 20#s oil (Canola, Peanut, Sunflower, Olive), 60#s Sugar (brown and white), 370#s Grains (oats, wheat rice, corn), 60#s beans, lentils, peas (Legumes), enough multi-vitamin and mineral supplement for each member of your family for 365-days/year, and 1# of baking powder, baking soda, yeast, chicken and beef stock, herbs and spices, flavoring like vanilla, rum, and strawberry.

Situation: There has been a nuclear attack. It is unsafe to venture outside your immediate living area. You have been advised by the Emergency Preparedness Agency in your area to go to the lowest level of your home, to seal all your windows with plywood or heavy plastic, or go to a pre-arranged shelter area equipped with ventilation equipment. What do you do?

Answer the following questions and follow along in the Action Steps below.

Action Steps:

- A. _____ You are confident this will never happen in your lifetime.
- B. _____ Go to your emergency, fully stocked shelter, turn on the battery-powered radio, and keep abreast of updates going out over the airways.
- C. _____ Be happy you added the ventilation system to your underground shelter.

If you answered "B" and "C," you are a realist. Thinking this will never happen to you or your family in your lifetime is like placing your head in the sand.

Stocking your basic food supplies does not need to be an expensive maneuver. It is best to buy extra items every week and store them appropriately (see Number 9 above). It will not take you long to acquire a hardy supply of the foods listed.

For more information check out Emergency Preparedness at <http://www.preparedness.com> or <http://www.areyouprepared.com>

Number 20

The Huge Cost of Being Unprepared

If we survive danger, it steels our courage more than anything else. _B.G. Niebuhr

Of course, the biggest cost of being unprepared is –you might die. If that is not a big enough incentive for you to check out and follow the guidance in this book, then nothing in this book is going to make one ounce of difference to you.

Besides the pain and suffering you and yours may experience if you are not prepared is the financial burden of being unprepared.

When you are not prepared you give your mental, physical, emotional, and in some cases financial self to others to control. Think about it, if you have no food in the house in an emergency, where will you go to get it? What will you do? Will you steal food? Will you injure someone for food? This is a grim possibility.

Never put yourself or your family member's in a position where they must go through thirst and starvation. Not when you can act now, take control, and take steps to secure an uncertain future. All each of us really have is the present. The past is behind us, the future is unforeseen, and all we have is the present. It is within the present you must take action to secure your future.

Situation: The Jet Stream controlling the earth's weather is going crazy. Our weather is out of control. It snowed eight feet of snow where only inches fell the year before, and wind gust blew the snow and formed twenty-five foot snow drifts. Your State has declared a State-of-Emergency. No vehicles, except emergency vehicles (Law enforcement, ambulance, fire, & rescue) are permitted on the roads. What do you do?

Answer the following questions and follow along in the Action Steps below.

Action Steps:

A. _____ I am fully prepared for such an emergency. I have a wood-burning stove, and enough logs stacked behind the stove to heat my house for 3-4 days.

B. _____ I have plenty of equipment to clear the snow from my door, including a gas-powered snow blower, several 5-gallon containers of gas to power it, and I have two snow-shovels.

C. _____ My freezer, pantry, and refrigerator is stocked. I have built an extra closet for food storage and it is bulging at the seams. I can easily go 6-8 months without ever going to the grocer. Under every bed in the house are wall-to-wall canned vegetables, meat, and fish.

If you answered “A” and “B” and “C,” give yourself a cookie. You got it! You work the plan! You and your family are secure knowing you have envisioned the worst-case scenario and you are ready for whatever the unknown throws your way.

Ask yourself how you felt reading the top of this section. Did you feel a little doom-n-gloom? How did you feel reading the remainder of this section? Did you feel relief? Did you feel energized? Did you feel warm and safe?

You owe it to yourself and you owe it to your family to prepare for the worst and expect the best.

Number 21

Living & Dying is Oftentimes a Choice

The bravest thing you can do when you are not brave is to profess courage and act accordingly. _Cora Harris

We make choices everyday of our lives. We choose to go to the nearest McDonald's and pick up a soda, or we choose what we will eat for breakfast, lunch, and dinner. We choose which movie we will see over the weekend. We keep up-to-date on the latest fashions, and we decide which clothes will look good on us and which ones we leave on the rack. Most people call these *ordinary life decisions*.

There is nothing ordinary or commonplace about choosing to live or die. The whole life/death dilemma is major when it is happening to you or to someone you care about. Finding yourself in such a predicament is life altering.

Yet every single day we make the choice to live or die. By not preparing for disaster, you are making a choice to join the thousands of others who may certainly perish in a disaster.

Situation: The news went out over the airways this morning. E. coli has contaminated most of the food in all the groceries in town and throughout the countryside. There is a growing fear the E. coli bacteria has spread. You are asked not to leave the safety of your home. Your whole area is in an Emergency Quarantine. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ I am sure it has not contaminated the canned goods and jars of peanut butter on the grocery shelves.

B. _____ I am fully prepared, have stocked accordingly, and can honor the quarantine and stay the course until I am given an "all clear."

C. _____ No worries here, I remain cautious and optimistic, and believe my family and I will be okay.

If you answered "B" and "C," give yourself a cookie. You made a smart decision. Those in your area in an authoritative position look out for your best interests. It is city and county official's jobs, and Emergency Preparedness Agencies responsibility in your area to keep you out of harm's way and to protect you. Listen to their lead and follow instructions.

Number 22

Stock it, Store it, Use it

The bravest among us acts courageous, but does nothing to alter his or her circumstances. _Author Unknown

Now that you have come this far, there should not be a reason you cannot Stock it, Store it, and Use it. Allow me to explain.

It would be great if you could stock your food and other supplies and *forget about it* until you need it, but you have to rotate your stocked food and supplies. Most people simply wait a few weeks, buy what they need, for instance a jar of peanut butter or honey, and they swap it out for the first one in storage, and use the item or items, so on and so forth. This method keeps your stock fresh and it is easy to keep supplies moving in-and-out of storage.

Situation: You have just lugged home several huge sacks of groceries, a box of oats, 5# bag of cornmeal, a 5# bag of all-purpose flour, a 5# bag of sugar, a quart of honey, and a quart of sorghum, and two boxes of saltine crackers, among other items. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

- A. _____ Rotate everything in your stock with what you have in your grocery sacks.
- B. _____ Rotate them out next time. It cannot be that important anyway.
- C. _____ Replace one can or jar with another from the sack. Replace each 5# bag of flour, cornmeal, or sugar with the one in your grocery sack; continue until you have rotated as many items as you have in the bag.

If you answered “A” and “C,” you have the idea down pat. Rotating what you have stocked, stored, and using it will keep your food items and other supplies fresh.

This is important too, because this will prevent what some people call *corn mites* or *flour mites* from forming in your cornmeal and flour. Rotating the cornmeal and flour, and using it will prevent this from happening.

Number 23

Your Personality and Your Survival

True courage is the result of reasoning _Resolution lies more in the head than in the veins; and a just sense of honor and of infamy, of duty...will carry us farther than all the force of mechanism. _Collier

People across the globe live and die every day because they have a fatalistic personality. You have probably heard some people say, "My life is ruled by fate nothing I do or say is going to change it." On the other hand, you will hear, "It is inevitable, what will be will be, and nothing I do will change the wheel of fate."

Fatalism is a set or fixed series of events set in motion by the powers ruling the universe, and supposedly, we as mere human beings can do nothing to change these events.

I don't know about you, but I for one feel we each determine our own fate based on our actions. If you do not think this is so, just walk out in front of an 18-wheeler and see what happens.

To find out if you have a survival personality, think about the answers to these questions. Do you feel you are flexible, you bend with the wind, and you flow with the tide?

Are you resilient, are you strong-willed, do you make good use of your time, and are you a follower or a leader?

Do you believe in a disastrous situation you would survive? Do you possess a firm belief in those around you to work with you to survive? Are you an optimist or a pessimist?

Do you think your life has purpose and meaning and direction? On a scale of 1-10, what is your life like right now? Do you set goals and work until you reach them? Are you a "take charge" person, trustworthy, reliable, a "true grit" type of person?

Are you considerate and understanding, and are you compassionate toward your fellow man? Are you quick-witted, clever, an astute learner, and do most people want to be like you?

Are you imaginative, practical, creative, and could you use these skills to survive if you had to?

Do you have an instinctual side to your personality that "picks up" on danger? Do you possess an impulse for noticing certain things?

In an emergency your personality and all the aspects making up your personality can save your life.

Situation: Your mother, father, brother, sister, significant other called you on the phone and told you there was a flu epidemic raging across the nation, people were dying left, right, front and center. "It looks like thousands of people will die." What would you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Call in sick for work immediately, reasoning the fewer people you are exposed to the better.

B. _____ Make a mad dash to the local convenience store and stock up on every over-the-counter cold and flu medicine you can get your hands around.

C. _____ You took precaution a month ago and got your flu shot. You may still get the flu and you may not. If you do, you will survive, it will not infect you as much as many people who did not take their flu shot, and you will be stronger because of it.

If you answered "C" and chuckled at "A" and "B," cough it up to your multi-faceted great personality. People are usually attracted to the things they fear the most.

Number 24

The High Price of Being a Pessimist

Courage that grows from constitution often forsakes a man when he has occasion for it; courage, which arises from a sense of duty, acts in a uniform manner. _Addison

This goes, excuse the expression, *hand-n-glove* with the previous section (#23).

Pessimists are the *doom-and-gloom* on the world stage. Give them a half a glass of water and they will moan and cry about it being half-empty for days. If you gave them a lemon, they would just as soon toss it to a chimp than make lemonade. If the sun is shining, it is raining in their world. If the stock market has a bad day, they will readily affirm, "I've lost everything I own."

You find pessimists in all occupations. You usually never find them as seated CEOs working for major corporations, or anywhere on the boards of *Fortune 500* companies. They make mediocre companions, crummy spouses, tell bad jokes, and eat all your popcorn at the movies.

Are you asking yourself, "How is not being a Pessimist or staying away from a Pessimist going to save my life?" Check any company's safety record and answer your own question.

Situation: You are working for a major company. You are the Personnel Manager, and it is your responsibility to hire someone to replace a trusted worker who recently retired. What do you do?

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Joe average walks into your office confident, well dressed, has a warm, friendly smile on his face, and he introduces himself to you. "Isn't it a great day?" He asks you.

B. _____ Tom Fabulous walks into your office, he is polished, perfect hair, perfect shoes, and he appears too perfect. You reach out to shake his hand, and he says, "Germs are everywhere; I'll just forego the shake if you don't mind."

C. _____ Louise Luminas strolls into your office, she is sparkling, cheerful, well dressed, and she readily offers her hand to you. You shake her hand, and she smiles, and begins to share with you all the positive areas she knows about your company, your products, customer service, yearly sales figures, and the stats from the company baseball league.

If you answered either "A" or a sure-fire "C," you get the point. Joe Average and Louise Luminas both have their game on. They are positive, eager to contribute to

the overall success of your company, and they will make great team players.

Number 25

The Rewards of the Optimist

My course in life is moving forward and my life is sure, steady and very predictable, and utterly boring! _Author Unknown

The Optimist on the other hand has an attitude that “The world is my oyster.” These are the *shakers-and-movers-and-players* in every profession on the globe. This marvelous species are creative and inventive. In fact, most of the world’s inventions come from Optimists. Give them a lemon, and you’ll see lemonade stands popping up on every corner. Invest in their product or service, and sit back and watch the capital roll in your bank account.

The great thing about Optimists they’re contagious. Put them in a room of humdrum misfits and they blossom. Place them in a restaurant with a bunch of Pessimist and they will turn the worst Pessimist into a true believer that it is possible to *be all you can be*. The Optimists are the great salespersons of the world. They make friends easily, are diehard friends and associates, make great activist for positive change, and they make the world a better place because they add so much positive energy to the universe. They make great confidants and best friends, make loyal, steadfast spouses, and are loyal and devoted companions.

Situation: You have been single, divorced, or widowed for several years. You have dated a drop-dead, gorgeous young thing for nearly a year, and you are considering proposing to her. Yet, you just cannot get past her negative attitude. It seems, every time you are up, she says something to bring you down. Nevertheless, all your friends constantly tell you what a lucky man you are for having her on your arm.

Respond to the following and follow along in the Action Steps below.

Action Steps:

A. _____ Marriage is forever. You will enjoy looking at her across the dining room table for years to come. Her looks makes up for her, less than desirable, outlook on life. You will grow to accept her quirks and pessimistic attitude.

B. _____ Let her down softly and offer her the ole “heave hoe” out the door.

C. _____ Next time, do not be ruled by a pretty face, and instead look beyond the face and consider your companion’s character, look for a positive personality, easy-going sense of humor, and concentrate on the whole package.

If you answered “B” and “C,” you are the man or the woman with the plan. You are guided by your sense and not your senses. You, your children, relatives, associates and friends will all be affected by the person you share your life with, directly or indirectly.

Conclusion

The world does not owe you anything because you are in it, but you owe yourself the world because it is in you. _Kaelin

Every facet of your life involves choices. **The 25 Essential Life-Saving Techniques: Simple & Effective** offers you a treasure-trove of unique possibilities that may save your life or the life of someone you love.

Make a plan. Stick to your plan, and go make a difference in your life and make a difference in the lives of others you touch along the way. Your ultimate survival depends on you making informed choices, and it depends on you saving your own life. You have the tools.

If you think you've benefitted from this book in one way or another, I urge you to check out <http://www.thegreatfoodcrisis.com> for a more in-depth and complete course on surviving disasters and crises.

Table of Contents

[Copyright](#)

[Introduction](#)

[Number 1 Be Prepared for the Unexpected](#)

[Number 2 Take a First Aid Class & Get Certified](#)

[Number 3 Keep Track of Your Health](#)

[Number 4 Learn How to Swim](#)

[Number 5 A Positive Attitude Can Save Your Life](#)

[Number 6 Needs Verses Circumstances](#)

[Number 7 Know How to Grow Your Own Food](#)

[Number 8 Know How to Can & Preserve Food](#)

[Number 9 Conquer Storage Problems with Solutions](#)

[Number 10 Tools for Your Survival](#)

[Number 11 Preparedness & Medical Needs](#)

[Number 12 Travel Needs](#)

[Number 13 Communication in an Emergency](#)

[Number 14 Poison, First Aid, First Response](#)

[Number 15 Recognize Exhaustion & Heat Stroke](#)

[Number 16 Know the Warning Signs of a Heart Attack](#)

[Number 17 Your Tool Kit for Survival](#)

[Number 18 Clothing & Bedding Down for an Emergency](#)

[Number 19 A Basic Food Storage Plan Saves Lives](#)

[Number 20 The Huge Cost of Being Unprepared](#)

[Number 21 Living & Dying is Oftentimes a Choice](#)

[Number 22 Stock it, Store it, Use it](#)

[Number 23 Your Personality and Your Survival](#)

[Number 24 The High Price of Being a Pessimist](#)

[Number 25 The Rewards of the Optimist](#)

[Conclusion](#)